ABSTRACT OF THE DISCLOSURE

An impact protection is described for an overhead door. An elongated beam is shaped to at least partially span the door. Channels and box members releasably interfit at a closed position of the door to laterally secure the beam with respect to a support surface adjacent the door, so the beam is secured in lateral spaced relation to the door (when closed) to absorb and transmit lateral impact forces applied against the beam away from the door and against the support surface. Provisions are further made to allow interaction between the door and beam such that elevational movement of the door will result in corresponding elevational motion of the beam.